

APRIL 2007

FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

It's Intergenerational Week at the Needham Senior Center

Whatever your age, please join us for the following programs. During school vacation week, you are invited to attend any of the following programs, whether you are 5 years old or 105 years old.

ANIMAL ADVENTURES

Tuesday, April 17th • 1-2 pm

Location: Needham Senior Center

SIGN-UP IS REQUIRED AS WE HAVE LIMITED SEATING

Calling Grandparents and Grandchildren. We will have eight to ten animals presented in a one-hour session. Meet the animals, hear interesting stories and information about them, and get up-close. Come meet, pet and touch the animals! A fun and unique learning experience to be enjoyed by all! **Sign-up is required, to reserve your seat, call the Senior Center at (781) 455-7555.**

SING-ALONG WITH THE SONGSTERS

Wednesday, April 18th • 10:30-11:30am

Come one, come all, of any age or generation. The Songsters are preparing a wonderful music program to appeal to the 5 years old and younger crowd.

MOVIE "CHARLOTTE'S WEB"

Wednesday, April 18th at 1:30

Popcorn and Candy Provided

Child actor Dakota Fanning gives an impressively mature performance as the loyal and spunky farm girl who rescues the pig and runt of the litter, Wilbur. The cast also includes Julia Roberts, Oprah Winfrey, Kathy Bates, John Cleese and Robert Redford.

THE NEEDHAM GARDEN CLUB WORKSHOP

Thursday, April 19th • 2:00 – 3:00 pm

Location: The Needham Council on Aging

FEE FOR THE PROGRAM IS \$2.00

We invite you and your grandchild to create a floral centerpiece together! Express your creativity with expert guidance from the Garden Club and brighten up your home with your new arrangement. At the end of the program staff will judge the centerpieces and the winners will receive a special prize that you and your grandchild will both enjoy. Sign-up is required, as the Garden Club needs to know how many flowers to bring. **Please call, (781) 455-7555**

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Stephen Palmer Senior Center, 83 Pickering Street, Needham, MA 02492

Phone 781-455-7555 www.town.needham.ma.us

Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING**
Needham

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Dear Friends,

It is so rejuvenating to have the spring season upon us! Looking at the programs that are being offered in the coming months I am very excited as I know that there will be many opportunities for past participants as well as new participants to become involved. We welcome you to join us for something purely entertaining as well as for something intellectually stimulating. Join in on one activity or join in on several. The point is that however you decide to avail yourselves of the programs and services provided by the Council on Aging Department we are glad to have you participate and to have the opportunity to work with you.

The staff and I would also like to acknowledge the hard work that the Friends of Needham Elderly, Inc. did in order to bring the Compass to all of you and in a revitalized format that should be even more inviting to read. Thanks to all involved!

Happy and Healthy Spring to All,

Jamie

Changes in the SHINE Program

As many of you have already noticed, there have been some changes in the SHINE office staff. At the end of February, Ken Levy, Director of the MetroWest region, left to assume a different role assisting seniors. I know that many of you will miss him, but I'm sure you wish him well in his new position.

Dorene Nemeth, Associate Director for the region, has stepped in as Acting Director, until the Director's position is filled. Dorene started as a SHINE volunteer eight years ago and has been an administrator in the program for five years, working in the Framingham office. Her familiarity with the program has allowed her to assume all the necessary responsibilities.

The assistance Medicare beneficiaries receive from the SHINE Program is provided by highly trained and very capable SHINE volunteers. So, seniors in Needham can be assured that you will continue to receive excellent assistance during this transitional period.

If you need help on any aspect of your health insurance, **SHINE** offers free counseling at your Senior Center. Call the COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 781-453-8076. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

SHINE (Serving the Health Information Needs of Elders) is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Needham Council on Aging and other local agencies.

GET THE NEWS FIRST! **Join our E-mail list**

Save paper and receive the Compass monthly via e-mail.
To add your name to our growing list, simply e-mail us at:
Seniorcenter@town.needham.ma.us

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Walking Club at Wellesley 9:15 Exercise (Park & Rec.) #2 10:15 Yoga (Park & Rec.) #2 10:00 Matter of Balance Class 11:30 Mystery Lunch Trip 11:45 Lunch	3 9:15 Drop-in Bridge 10:30 Creative Writing 11:45 Lunch: Roast Turkey or Chicken Salad Sandwich 12:30 Ping-Pong 1:30 Women's Cribbage	4 9:00 Exercise 9-12 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: 12:15 Weight Watchers 1:30 Reading Comes Alive 2:30 Better Balance Class 5 pm Memory Loss Part I of III #2	5 10:00 Whist 10:00 Knitting 11:00 Piano Lessons 11:45 Lunch: 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1	6 9:15 Basic Spanish Class 9:15 Quilting 10:30 Exercise (Park & Rec. Dept) 10:30 Walking Club at Wellesley 11:45 Lunch: 12:00 Computer Lessons 1:00 Board Games 1:00 Movie: Marie Antoinette NO EXERCISE CLASS TODAY
9 9:00 Walking Club at Wellesley 9:15 Exercise (Park & Rec.) #2 10:15 Yoga (Park & Rec.) #2 10:00 Matter of Balance Class 11:30 Mystery Lunch Trip 11:45 Lunch: 2:00 Watercolor Class (Ad. E) 2:00 History Program "The Civil War" #2	10 9:15 Yoga 9:15 Women's Drop-in Bridge 10:30 Current Events 11:45 Lunch: 12:30 Ping-Pong 1:30 Women's Cribbage CRAFT AND BAKE SALE ELECTION DAY	11 9:00 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: 12:15 Weight Watchers 1:30 Reading Comes Alive 2:30 Better Balance Class	12 9:30 SHINE meeting 10:00 Whist 10:00 Knitting 11:00 Piano Lessons 11:45 Lunch: 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1	13 9:15 Basic Spanish Class 9:15 Quilting 10:30 Exercise (Park & Rec.) 10:30 Walking Club at Wellesley 11:45 Lunch: 12:00 Computer Lessons 12:30 Line Dancing #1 1:00 Board Games 1:00 Movie: The Departed, 2006
16 IT'S INTERGENERATIONAL WEEK AT THE SENIOR CENTER In Observance of Patriot's Day the Senior Center is Closed Today	17 9:15 Women's Drop-in Bridge 10:30 Creative Writing Group 11:45 Lunch: 12:30 Ping-Pong 1:30 Women's Cribbage 7 pm Memory Loss Part II of III #2 Intergenerational Programs 1:00 Animal Adventures NO YOGA CLASS TODAY	18 9:00 Exercise 9-12 Keep Well Clinic 10:00 Computer Class "Word" 10:00 Hearts Card Game 11:45 Lunch: 12:15 Weight Watchers 1:30 Reading Comes Alive 2:30 Better Balance Class Intergenerational Programs 10:30 Songsters 1:30 Movie NO EXERCISE CLASS TODAY	19 9:15 TRIAD Meeting 10:00 Whist 10:00 Knitting 11:00 Piano Lessons 11:45 Lunch: 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 2:00 Ballroom Dancing Location: #1 Intergenerational Programs 2:00 Garden Club Please note the 1:00 Men's Cribbage group will meet in the café area for today.	20 9:15 Basic Spanish Class 9:15 Quilting 10:00 Low Vision Group 10:30 Walking Club at Wellesley 11:45 Lunch: 12:00 Computer Lessons 12:30 Line Dancing Location: #1 1:30 It's Friday Entertainment Live with the "Young at Heart Singers" NO EXERCISE CLASS TODAY NO BOARD GAMES TODAY NO MOVIE TODAY
23 9:00 Walking Club at Wellesley 9-4 Pool Tournament Part I of II 9:00 Tai Chi Class 9:15 Exercise (Park & Rec.) #2 10:15 Yoga (Park & Rec.) #2 10:00 Matter of Balance Class 11:30 Mystery Lunch Trip 11:45 Lunch: 1:15 Living with Loss 2:00 Watercolor Class (Ad. E) 2:00 History Program "The History of Photography" #2	24 9:15 Collate the Compass 9:15 Yoga 10:15 Senator Brown's Aide 10:30 Current Events Group 11:45 Lunch: 12:30 Ping-Pong 1:30 Women's Cribbage 1:00 Estate Planning Lecture 7 pm Memory Loss Part III of III #2 NO WOMEN'S DROP-IN BRIDGE TODAY	25 9-4 Pool Tournament Part II of II 9:00 Exercise (Park & Rec.) 10:00 Computer Class "Word" 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: 12:15 Weight Watchers 1:30 Reading Comes Alive 2:30 Better Balance	26 10:00 Learn to Read Music 10:00 Whist 10:00 Knitting 11:00 Piano Lessons 11:45 Lunch: 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 2:00 Ballroom Dancing #1	27 9:15 Quilting 10:30 Walking Club at Wellesley 10:30 Exercise (Park & Rec.) 11:45 Lunch: 12:00 Computer Lessons 12:30 Line Dancing #1 1:00 Board Games 1:00 Movie: Sleeping Murder with Joan Hickson as Ms. Marple
30 9:00 Walking Club at Wellesley 9:00 Tai Chi Class 9:15 Exercise (Park & Rec.) #2 10:15 Yoga (Park & Rec.) #2 10:00 Matter of Balance Class 11:30 Mystery Lunch Trip 11:45 Lunch: 1:15 Living with Loss 2:00 Watercolor Class (Ad. E) 2:00 History Program "An Afternoon with Henry Wadsworth Longfellow" #2	CALENDAR OF PROGRAMS AND EVENTS Needham Council Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.town.needham.ma.us Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue Please Note: Items in bold indicate that sign-up is required.			



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Dear Friends,

We are excited to present you with this month's Needham Senior Compass. After much planning and hard work the Compass has undergone significant changes. Recently the Council on Aging conducted a survey and learned that most people receive needed information about programs and services through this publication. As a result, the Needham Senior Compass will now be distributed to every senior household on a monthly basis! Also when reading this month's issue you will see that the Compass has a new design and easy to read format! All this would not be possible without the generous support of our advertisers, the senior center staff, volunteers and especially the Friends of the Needham Elderly Board Members. It is our hope that the Compass will become your first source to read for all Needham Senior activities.

The Friends of the Needham Elderly is a 5013(c) private nonprofit organization whose mission is to support the Needham Council on Aging. We are responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center.

Volunteers Needed – With a new Senior Center on the horizon we need your help. If you are interested in joining our board let me know. Also we are currently looking for a volunteer who enjoys making phone calls and setting up meetings with potential donors. If you have an interest or have experience in the fund raising field, we would value and appreciate your help. As you can see there are many opportunities for you to get involved. Please feel free to contact me or to come see us at The Friends of the Needham Elderly's next meeting in April at the Senior Center.

Warmest regards,

Michael

Michael C. Tow, President
The Friends of the Needham Elderly
Telephone Number: (617) 734-4400
Email: mtow@newbostonfinancial.com

There's a New Senior Center in our Future!

AND WE'RE GOING TO NEED A LOT OF HELP.

By we, we mean the FRIENDS of Needham Elderly. We are the fundraising group responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center. If you are a member, we thank you. If you added a donation, we salute you. If you intended to join, but simply didn't get around to it, we hope this will be a reminder. Please use the form below to join or to renew your membership for 2007.

Friends of the Needham Elderly, Inc.

2007 MEMBERSHIP FORM

Join the Friends of the Needham Elderly and help support the many programs of the Needham Council on Aging.

Name: _____

Date: _____

Street: _____

Town: _____

State: _____ ZIP: _____

Membership Dues: \$25.00 (per household)

Please make check payable to Friends of the
Needham Elderly, Inc. and mail to:
Friends of the Needham Elderly
83 Pickering Street
Needham, MA 02492

Thank you for your support!

A Three Part Evening Series:

HOW TO HELP YOURSELF, A FAMILY MEMBER OR A FRIEND WITH MEMORY LOSS

Needham Public Library

There is no fee for this program.

**Wednesday, April 4th
5:00 pm – 7:30 pm**

Are you concerned about the memory loss of a family member, friend or yourself? This program will talk about the various levels of memory loss, including Alzheimer's disease. The talk will include information about getting a proper diagnosis and accessing useful resources.

**Tuesday, April 17th
7:00 – 9:00pm**

An Elder Law attorney will discuss wills, health care proxy, durable power of attorney, and Medicare/Medicaid changes. Also, how to protect your home and assets and alternatives to nursing home care.

**Tuesday, April 24th
7:00 – 9:00pm**

This presentation will explore the advantages of hiring a private caregiver to assist in the care of an Alzheimer's client in a home setting. Issues discussed will be the selection of a caregiver, the role of the family, and customizing a care plan to appeal to each individual client. During the talk the speakers will provide practical tips to help address behavior and communication between caregivers and their loved one. Also discussed will be the concept of a support group to assist families in dealing with the disease process.

VETERAN'S DISCUSSION GROUP

Are you a veteran? Would you like to get together once a month with other veterans to discuss old times and new times? Coffee and donuts will be provided. For dates and times of group, please call Sherry Jackson at the Senior Center (781) 455-7555 ext. 205.

GENERATIONS

Would you like to meet new friends that are within your own generation? Meet once a month or more at the Needham Council on Aging to plan social events that are of special interest to you and your peers! We are also looking for volunteers to lead or co-lead the following Club Generations Groups. Ages 60-69, 70-79, 80-89, and 90+. For more information contact Sherry Jackson, 455-7555.

WEIGHT WATCHERS

Wednesdays, 12:15-1:00

Needham Council on Aging and Senior Center

Join together with COA staff and fellow friends. Lose weight, feel great and ring in the New Year with a healthy new you! We will offer one another support and good humor, as we win the battle of the bulge. The group coach will keep us motivated. She will talk about exercise, suggest various food options, and provide us with helpful tips. Call Sherry at the Senior Center for dates and cost of the 11-week program, 455-7555.

CREATIVE WRITING GROUP

**Tuesdays 10:30-11:30 am
April 3, 17, 2007**

Needham Council on Aging and Senior Center

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most

of all having fun. The class is facilitated by a published writer who has agreed to volunteer his time with us. The class meets on the 1st and 3rd Tuesdays of the month. There is no fee for this class.

CURRENT EVENTS GROUP

Tuesdays, 10:30-11:30

April 10, 24, 2007

Needham Council on Aging and Senior Center

We have two enthusiastic co-leader volunteers that facilitate the group. If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share with one another information in a supportive environment. We meet on the 2nd and 4th Tuesday of the month. There is no fee for this class.

TAI CHI FOR BEGINNERS

**Mondays, 9-10 am, 8-week
Class begins on Monday,
April 23, 2007**

J. SCOTT BRUMIT has been studying various forms of martial arts since 1983. He has studied and taught Kung-Fu, Tai Chi and Qi Gong. He is also the founder and general director of the Longwood Opera Company based in Needham. Tai Chi Chuan (or T'ai Chi Chuan, Taijiquan) is a slow-motion, moving, meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity throughout the world for its health benefits. As a stress relieving therapy, it leaves the participant refreshed and centered, ready to face whatever difficulties their day or their life may bring. Come join and learn Tai Chi to improve your sense of well-being, balance and learn a life long skill for good health. No experience is necessary. Wear loose, comfortable clothing. Fee for the 8-week course is \$32.00.

Resources Around Town

APRIL KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

April 4th • 10:30-12:00 pm

Seabed's Way
Community Room (BOH)

April 4th and 18th • 9am-12pm

Senior Center

April 25th • 10:30 am to 12:00 pm

Linden & Chambers Community Room (BOH)

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham COA at 455-7555.

AFTERNOON CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208

THE NEEDHAM ROTARY CLUB

will supply and change batteries in smoke detectors in homes of Needham handicapped and for seniors at no charge. Call Bonnie at the Needham Fire Department at 455-7582 to arrange for this life-saving service.



COUNCIL
ON AGING
Needham

Advisory Board Members

Ed DeMarrais

Ann DerMarderosian

Jack Donna

Pat Dunton

Marjorie Gaulitz

Ken Morrison

Mary O'Connor

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

Trips!!

FOXWOODS CASINO

Thursday, April 12th

The trip includes deluxe motor coach transportation, a \$10 food coupon and casino time from 9:30 am - 3:30 pm. Foxwoods Resort Casino has expanded into the largest resort casino complex in the world – nearly 5 million square feet! The Casino is comprised of six different casinos that collectively offer more than 7,400 slots and other games. It has one of the largest Bingo halls!!! Cost of the trip is \$22.00 per person. **For reservations please contact Jeanne Blakeney at (781) 455-7555, Tuesday - Thursday 9:30 - 3:30.**

DONATIONS RECEIVED

The Friends of the Needham Elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

- Jean Ganley
- Jin-Lan Hsia
- Elizabeth May
- Roderic Sommers
- Mary and Richard Tompkins
- Betsy Tedoldi in memory of Mary Ellen Herd

NEEDHAM COA DONATIONS

- Roche Bros. Supermarket

In Kind Donations

- Starbucks for our daily supply of treats
- Whitney Place for sponsoring our Friday Entertainment
- Griswold Home Care for Sponsoring our Valentine's Day Entertainment
- Walgreens for providing every senior Valentine's Chocolate that came to the party.

The Computer Center

at the

Needham Senior Center

COMPUTER CLASS HOW TO USE WORD PERFECT

**April 18th, 25th and
May 2nd • 10 am-12 pm**

In this hands on, 3 session class, you will learn how to utilize the capabilities of the internet! To register for the class call the COA at 455-7555.

COMPUTER LESSONS

Would you like to learn about computers in a one-on-one session with an instructor? Lessons are held on Thursdays and Fridays from 12-3 pm (by appointment). There is no fee for this class. To make a 45 minute appointment call the COA at 455-7555.

COA Movie Flick at 1:00

MARIE ANTOINETTE

Friday, April 6th

2006, Kirsten Dunst

THE DEPARTED

Friday, April 13th

2006, Leonardo DiCaprio,
Matt Damon, Jack Nicholson

Please note, this film has strong language and very violent scenes that could be offensive to the viewer.

SLEEPING MURDER

Friday, April 27th

with Joan Hickson as Ms. Marple

Volunteer Opportunities

**Penny Gordon, Volunteer Coordinator
(781) 455-7555**

VOLUNTEER(S) SOUGHT FOR EVENING PICKUP

At 9:00pm in the evening are you not ready to turn in for the evening, but rather, would like to go somewhere but have no destination? A local bakery and café is interested in donating their freshly made baked goods to your senior center. The baked goods need to be picked up at 9:00pm and then delivered to the center the following morning at 9am. Please contact Penny Gordon at 781-455-7555 x204.

WANTED: PASTRY PREPARER

Monday thru Friday between 9:00-9:30am, cuts pastry and prepares two trays for daily self service in our coffee area. Pastries are delicious and generously donated by Starbucks of Needham. Please contact Penny Gordon at 781-455-7555 x204.

ARE YOU A NEAT FREAK OR JUST LIKE THINGS TO BE TIDY?

We need your assistance on Monday, Tuesday, and Friday afternoons anytime from 3:30pm - 4:15pm to help close the Senior Center. Specifically, put snacks away, and tidy up. This is the ideal volunteer job for one day, a couple of days or five days a week. Get active and serve your community in this small way and make a big difference. Please contact Sherry Jackson at 781-455-7555 ext. 205, and please leave a voice message.

THE SENIOR CENTER NEWSLETTER

Compass Labeling and Collating

Tuesday, April 24th at 9:15 am

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

MYSTERY MONDAY LUNCHES

Monday April 9, 23, 30

Did you know that since June 5, 2006, the Mystery Monday Lunch Bunch has enjoyed dining in cities and towns from Newton to Sherborn? Once a month, our diversity in dining excursions, have dined at a college campus, and ethnic restaurants including, Brazil, Canada, China, Greece, India, Italy, Jampan, Korea, Thailand, the Middle East, and the Southern US. Wouldn't you like to join us? To reserve your seat call the Needham Council on Aging at (781) 455-7555.

IT'S FRIDAY ENTERTAINMENT LIVE WITH THE "YOUNG AT HEART SINGERS"

Friday, April 20th • 1:30 – 2:30 pm

Accompanied by a pianist, the Young at Heart Singers, an all female singing group, will perform "A Little Bit of Broadway." In costume they will sing songs from Chicago, 42nd Street, Funny Girl, Showboat, Leakage Aux Follies and many more. To sign up for this event call the Needham Senior Center at (781) 455-7555

CRAFT AND BAKE SALE

**Tuesday, April 10, 2007
(Election Day)**

Needham Council on Aging and
Senior Center

Please stop on by our annual April Craft and Bake. We are also looking for donations of homemade baked goods, to be dropped off on Monday, April 9, 2007.

READING COMES ALIVE

**Wednesdays, April 4, 11, 18
and 25, from 1:30 – 2:30**

Needham Council on Aging and
Senior Center

Ms. Sylvia Elvin is a retired actor and has been in numerous plays. She has a wonderful voice and will read aloud from various books, such as Agatha Christie short stories, The Odyssey, The Bible, The Koran and others. Please bring your ideas of books that you would like her to read in the future. Ms. Elvin has recently moved from New Jersey to Needham and looks forward to meeting you. There is no fee for this program.

BETTER BALANCE

Wednesdays, 2:30 – 3:30

Please call the Senior Center for Dates

Leslie Worris, MPH and President of the Wellness Alliance has taught this course for years and is excellent. During the class Leslie provides each participant with individual attention, helps each person to improve their balance and gain strength. Students continually take the course to better improve their balance and gain more strength. During the class she also teaches about how stress and medication affect balance. Cost of the program is \$40 for an 8-week class.

BALLROOM DANCING

Thursdays, 2:00 – 3:00 pm

The YMCA,
380 Chestnut Street, Needham

New 4-week class to start in February! Cost of the class is \$16.00 for all 4 sessions. Call Sherry Jackson, Associate Director for dates, (781) 455-7555.

ESTATE PLANNING LECTURE

**Tuesday, April 24, 2007 at
1:00 – 2:00 pm**

Needham Council on Aging
and Senior Center

Come learn more about wills, trusts, estate taxes, and probate. Attorney Tremblay from the Boston College Legal Center explores strategies and tips you can use for estate planning. There is no fee for this program.

SPANISH, BASIC LEVEL

Fridays, 9:15-10:15 am

Call the Senior Center for Dates

Needham Council on Aging
and Senior Center

This class is for those who have little or no previous experience with the Spanish language. We will cover the very basics, the alphabet, numbers and greetings. This class guarantees to provide laughter and great fun for all. Thank you Rosa for taking time, out of your busy schedule to volunteer/teach at the COA. Fee: 6-session program is \$24.

LINE DANCING, BEGINNER LEVEL

Fridays, 12:30 – 1:30

April 13, 20, 27, May 4, 11, 18

Charles River YMCA,
380 Chestnut Street

You will learn the basic steps of line dancing and gradually move up the ladder into new steps and dances. Mary Lennon is a certified instructor; she has been teaching for many years and is a member of the Line Dancing Association. Mary, we know you have a very busy schedule, we thank you for making room for us, and we greatly appreciate it! Fee for the entire 6-session program is \$24.

THE RED HAT SOCIETY

The Red Hat Society is a social organization for women over the age of fifty who come from all walks of life. Their main focus is to have fun, while wearing red hats. If you are interested in joining the Red Hat Society, please call Sherry Jackson at the Needham Council on Aging, (781) 455-7555 ext. 205.

History — A Four Part Series

Needham Public Library

Fee: \$5.00 per
individual session

“THE CIVIL WAR”

**Monday, April 9th
2-3 pm**

Presented by George Hall

“THE HISTORY OF PHOTOGRAPHY”

**Monday, April 23rd
2-3 pm**

“AN AFTERNOON WITH HENRY WADSWORTH LONGFELLOW”

**Monday, April 30th
2-3 pm**

“ART MATTERS”

**Monday, May 7th
2-3 pm**

Please note: A more detailed description of the above talks will be written in the *Needham Times* and *Home Town West Weekly Newspapers*.



**COUNCIL
ON AGING**
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

**SENIOR CENTER
DROP-IN HOURS:**
9:00 am - 4:00 pm
Monday thru Friday

THE PICKERING STREET PACER'S WALKING CLUB

Would you like company on your walks? This is an intermediate walking club. If you can walk 2-4 miles and walk 1 mile in about 15 – 20 minutes, then this walking club is for you. We have also joined forces with the Wellesley Walking Club. We walk on some of the best trails in the area. We also explore trails outside the local area, offering transportation via our van. For dates, times and more information call Sherry Jackson, Associate Director at the Needham Council on Aging, (781) 455-7555 ext. 205.

THE NEEDHAM TRIAD SENIOR CITIZEN RESOURCE FAIR

Thursday, April 26th
10 am – 3pm

Presbyterian Church • 1458 Great Plain Avenue
First 500 seniors will receive an emergency evacuation bag. Various information and vendor tables, including the Needham Fire, Police and Health departments. Blood pressure and blood sugar testing, raffles and free lunch. No sign-up required, just come on down. For further information call, Bill Dugan at (781) 449-0275.

LOSS, GRIEF AND HOPE IN LATER LIFE

A three part series;
Mondays, April 23 and 30 and
May 7 at 1:15 p.m.

Come to this 3-part seminar that will enhance your life by helping you to understand how people experience different types of losses in different ways and what it takes to cope and heal. This seminar will focus on the multiple losses that may be experienced by older adults as they leave the work world, change residences, discover physical or mental limitations, and face deaths of family members and friends. It will discuss topics like: "What reactions and emotions after a loss are normal?" "Can the pain of loss go on forever?" "Do I really have to 'get over' this loss?" "Can I and should I try to ease the pain?" "Do men and women experience loss differently?" The presenter, Lois Camberg, Ph.D., has taught courses on Loss and Grief for many years and will answer your specific questions as well. Come to one or all of the three 1-hour sessions: Please call 455-7555 to sign up by April 9.

VISIT US ONLINE AT:
www.town.needham.ma.us/coa

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